



Brussels Sprouts, Orange, and Fennel Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound brussels sprouts trimmed
- ☐ 0.8 cup fennel bulb thinly sliced
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 teaspoon orange rind grated
- ☐ 2 small oranges peeled thinly sliced quartered
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vegetable oil

- ☐ 2 teaspoons water
- ☐ 2 tablespoons citrus champagne vinegar

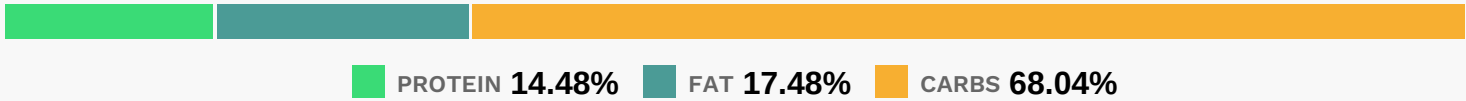
Equipment

- ☐ bowl

Directions

- ☐ Combine first 7 ingredients in a bowl. Stir well; set aside.
- ☐ Steam Brussels sprouts, covered, 8 minutes. Rinse sprouts under cold water; drain well.
- ☐ Cut sprouts in half lengthwise.
- ☐ Add sprouts, fennel, and oranges to vinegar mixture; toss well.

Nutrition Facts



Properties

Glycemic Index:75.75, Glycemic Load:6.34, Inflammation Score:-9, Nutrition Score:19.809565170952%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 26.16mg, Hesperetin: 26.16mg, Hesperetin: 26.16mg, Hesperetin: 26.16mg Naringenin: 18.44mg, Naringenin: 18.44mg, Naringenin: 18.44mg, Naringenin: 18.44mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 128.86kcal (6.44%), Fat: 2.79g (4.29%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 16.61g (6.04%), Sugar: 12.76g (14.18%), Cholesterol: 0mg (0%), Sodium: 192.23mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Vitamin K: 225.55µg (214.81%), Vitamin C: 152.81mg (185.23%), Fiber: 7.8g (31.19%), Manganese: 0.57mg (28.75%), Folate: 107.14µg (26.78%), Vitamin A: 1119.7IU (22.39%), Potassium: 762.91mg (21.8%), Vitamin B1: 0.25mg (16.39%), Vitamin B6: 0.32mg (16.25%), Iron: 2.06mg (11.45%), Phosphorus: 110.02mg (11%), Magnesium: 42.85mg (10.71%), Calcium: 105.6mg (10.56%), Vitamin E: 1.55mg (10.32%), Vitamin B2: 0.15mg (8.97%), Copper: 0.15mg (7.52%), Vitamin B3: 1.36mg (6.79%), Vitamin B5: 0.67mg (6.74%), Zinc: 0.63mg (4.18%), Selenium: 2.68µg (3.83%)